

Self-care can help you recognize your emotional responses to stress and develop practices to manage them. Use the following journaling prompts to reflect on what you need, as often as you need!

What's something that you are looking forward to?

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Write 5 or more things you are grateful for.

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What's something you do for fun that brings you joy?

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Describe three of your strengths.

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Describe how you take care of yourself.

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What's something you can give yourself?

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